



**HØGSKOLEN I HARSTAD**  
HARSTAD UNIVERSITY COLLEGE



# **UNDER THE NORTHERN LIGHTS**





## HARSTAD UNIVERSITY COLLEGE (HiH)

Harstad University College was established in 1983 and is part of the higher public education system in Norway. Students may choose between study programmes at Bachelor and Master level – most of them conducted in Norwegian, a few in English. HiH has approximately 1 300 students and a staff of around 120, and offers a friendly and intimate learning environ-

ment. It is easy to get to know other students as well as staff members, and the university college is characterized by a high level of student activity.

Our modern facilities accommodate most of the activities under one roof, centrally and beautifully located by the waterfront, close to the city centre



▲ Bodil Olsvik is the elected rector of HiH (2011 – 2015). In capacity as rector she is also chair of the board.



## HARSTAD - A GEM NORTH OF THE POLAR CIRCLE

Located on the biggest island of Norway - "Hinnøya" - and in the northern county Troms, Harstad is with its 23 000 inhabitants the third biggest town in Northern Norway. It has a lot to offer to its citizens and visitors.

Every morning tourists enjoying the most beautiful cruise voyage in the world - from Bergen in the south to Kirkenes in the north and back - make a stop at the port of Harstad with the famous north - and southbound coastal steamer. Although Harstad is part of the Arctic, the climate here near the 69th parallel is much milder than it could be expected as the warm Golf stream in the Atlantic Ocean passes along the coastline. The colours of nature and the contrasts between summer and winter are unique - unlike what you find anywhere else in the world.

During summer the Arctic turns green .The vegetation flourishes and the sun never sets from the end of May until the middle of July. During winter time a snowy landscape dominates the scene for about seven months and the sun

never rises above the horizon from the end of November until the middle of January. On cold, clear winter nights the sky is illuminated by the fluorescent northern lights. No wonder the region attracts tourists throughout the whole year.

### Nature and outdoor activities

Nature is omnipresent wherever you go in Harstad. The beautiful scenery can be enjoyed in many ways during winter and summer. The region offers rich outdoor activity opportunities - whether you want to go fishing or kayaking in the fjords and lakes, hiking in the woods and mountains or go cross-country and downhill skiing.

### Cultural capital of the north and gate to the Vesterålen and Lofoten

Although Harstad itself is only a little older than 100 years, the settlement on the Trondenes peninsula goes back to the stone age and has been an important political centre during the

View of Harstad town with the north- and southbound coastal express. ▲

Viking age and medieval times. Today Harstad is a centre of commerce and known for cultural events throughout the year. The highlight of the year is the North Norwegian Festival of Culture - hosted in June. The Vesterålen and Lofoten islands, a couple of hours drive from Harstad, are world-famous for spectacular landscapes, stockfish and whale watching.



International students out skiing ▲  
(Photo: Michael Lemmerz)



## STUDY FACILITIES

The present college premises were completed in 1997 and offer well equipped and modern study facilities. All lectures take place in modern, comfortable lecture rooms (20-230 seats) with audio-visual aids. In addition, there are smaller rooms to facilitate teaching and working in small groups. All students of HiH get a student ID card that gives them access to the college building after office hours and to the computer labs equipped with modern PCs and software and internet access.

Besides, students are welcome to bring their own laptops and use the wireless internet network. Good communication with lecturers and fellow students is supported by the online platform Fronter. Moreover, HiH's in-house library provides students with more room for studying and allows them to access all relevant literature.

### Degree structure at Harstad University College

Harstad University College awards the bachelor degree for all the three-year study programmes. It is also possible to obtain a bachelor degree by combining a two-year programme with a one-year advanced programme.

### Harstad University College is organised in two departments:

- Department of Business Administration and Social Sciences
- Department of Health and Social Work

### Study programmes conducted in English

So far there is a limited number of programmes conducted in English:

- One-year top up Bachelor programme in Advanced Marketing
- Three-year part-time Master in Logistics and Cross Cultural Business

### Study programmes conducted in Norwegian Department of Business Administration and Social Science

- Bachelor programme in Retail, Service and Logistics
- Bachelor programme in Business Administration
- Bachelor programme in Auditing
- Bachelor programme in International Emergency
- one-year top up Bachelor programme in Business Economics



Former student Kathrin from Germany wants to stay in Harstad ▲

## KATHRIN CAN!

Kathrin Jathe has experienced coming to Harstad University College as an international student herself. Now she is assisting newcomers to adapt. As assistant for the International Coordinator at HiH she is an essential link between the institution and the international students. It was in 2009 that the German student first arrived in Harstad.

- At that time I was studying Tourism Management in the Netherlands. When I was offered the opportunity to take a semester in another country, I requested to go to Norway and ended up in Harstad and the programme in Advanced Marketing.

- I enjoyed the town and the beautiful surroundings so much. And I found people here very welcoming and friendly. As international student I appreciated the way I was received and taken care of. Still, Kathrin's first stay had to come to an end after one semester. But after a year she returned to Harstad and wanted to try to make a living here.

- I enjoy working as international assistant at HiH. I know from my personal experience how it is to be a newcomer in Harstad and Norway. So I know many of the things foreigners might wonder about and find strange.

And Kathrin is well prepared to answer most questions about Harstad, as she has qualified herself as a local tourist guide. And her Norwegian is steadily improving as well. Yes - Kathrin can!

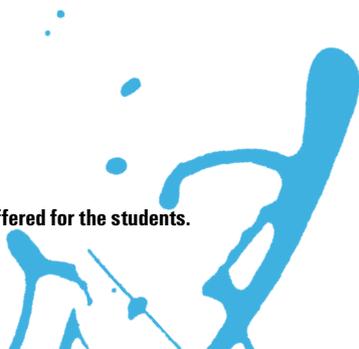
- one-year top up Bachelor programme in Finance and Management
- one-year top up Bachelor programme in Project Management
- Master in Finance and Administration
- Master in Management
- Master in Logistics and cross cultural business

### Department of Health and Social Work: Bachelor programmes:

- Bachelor programme in Child Welfare Work
- Bachelor programme in Nursing
- Bachelor programme in Social Work
- Diploma programme in Aging and the Elderly
- Diploma programme in Motivation, Skills and Work
- Diploma programme in Mental Health Care
- Diploma programme in Psychosocial Work with Children and Young People
- Master in Disability and Participation

Applicants must satisfy the respective language requirements in order to be admitted to the programmes. For more information on programmes, possible combinations, admission requirements, application procedure and further courses and minor studies go to [hih.no](http://hih.no) or contact the administration under [postmottak@hih.no](mailto:postmottak@hih.no).

◀ On board an old sailing ship on the fjord: Social activity offered for the students.





## BEFORE ARRIVAL

### Application

Exchange students enrolled at one of HiH's partner institutions need to be approved by their home university before application.

### Acceptance

Once the application has been evaluated students will receive a letter of acceptance which can be used to apply for a residence permit.

### Residence Permit and Finance

Residence permit is not required for EU/EEA students, but they need to register online at the Application Portal Norway [selfservice.udi.no](http://selfservice.udi.no). Students from outside the EU and the EEA must apply for a student visa (includes the residence permit), immediately after letter of acceptance

is received from HiH. Application process may take up to two months. Check Application Portal Norway [selfservice.udi.no](http://selfservice.udi.no). Further details on the application may be obtained from HiH and the website [hih.no](http://hih.no)

### Accommodation and cost of living

The Student Service Organisation (SiHa) offers modern student apartments and rooms for rent and also helps finding private accommodation. For more information; check [siha.no](http://siha.no). Approximate accommodation expenses (incl. electricity and heating) 300 to 500 Euro per month. Average individual student's monthly expenditure is estimated at 1 000 Euro.

### Insurance

It is the student's responsibility to make neces-

sary insurance arrangements for any accident, illness, loss or damage etc covering the study period in Norway. Students from EU/EEA countries will be entitled to medical care in Norway by bringing the EU/EEA insurance card or the E111 certificate.

### Bank Card

It is always a good idea to bring a bank card or credit card that allows you to draw money from an ATM in Norway. There are also cards that allow you to withdraw money without having to pay a transaction fee.

## UPON ARRIVAL

### Welcome

Students should make sure they know where they are expected and should have a note with the telephone number of the person that is going to pick them up. Upon arrival you will get further information and you will be taken to your student accommodation.



◀ HiH main hall.

## AFTER ARRIVAL

### Introduction week

During the first week of the semester the international students will be introduced to the study facilities at HiH.

### Norwegian Language and Culture

A basic 20-hour Norwegian Language and Culture class is offered to all international students at the beginning of each semester.

For more information about studying in Norway and the involved procedures please go to [hih.no](http://hih.no), visit [studynorway.no](http://studynorway.no) or contact the international co-ordinator.

## GETTING THERE

### By plane

Harstad/Narvik Airport Evenes is the nearest airport to Harstad (48km), with daily flights from Oslo. Shuttle coaches go to and from Harstad for every flight. Check [Norwegian.no](http://Norwegian.no) or [sas.no](http://sas.no)

### Railway links

There is no railway connection with Harstad, but nearest stations may be reached by bus:

Fauske and Narvik. Fauske is connected to the domestic railway system from Oslo. The station at Narvik is connected to the Swedish railway system. Check [nsb.no](http://nsb.no) or [sj.se](http://sj.se)

### Long-distance coaches

There are coach connections from all major cities in the region.

### Seaport

There is a daily call by the coastal steamer and several daily departures by the express boat to/from Tromsø. Check [hurtigruten.com](http://hurtigruten.com) and [tromskortet.no](http://tromskortet.no)

### Co-ordinator International Affairs

Sigrid Ag  
Email: [sigrid.ag@hih.no](mailto:sigrid.ag@hih.no)  
Phone: (+47) 77 05 81 24



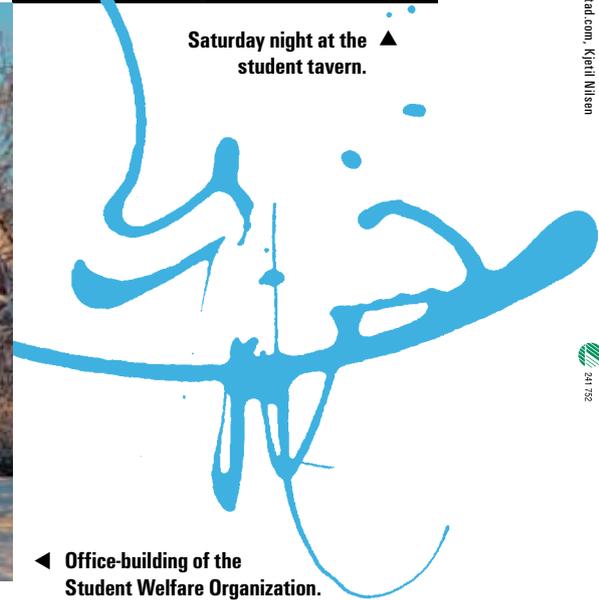
Harstad University College is awarded the Diploma Supplement Label by the European Commission.



▲ Saturday night at the student tavern.



◀ Office-building of the Student Welfare Organization.



## THE STUDENT WELFARE ORGANIZATION (SiHa)

### SiHa takes care of the students' welfare:

- Accommodation: Assistance to find accommodation - in modern student dorms or a private accommodation.
- The Student Café: the café on campus run by SiHa offers food on a non-profit basis and is also a good venue for parties.
- Social activities: Throughout the year social activities are organized; such as going sailing, hiking, skiing and whale watching.
- Free rental: Equipment for outdoor activities may be rented for free - like tents, tipis, skis and snowboards.

- Ludo Bar og Scene: Student bar on campus run by and for students. Discount prices for students. Concerts and other events throughout the year - a good venue for parties or just to hang out.
- Student Cabin: For a small fee students may rent a traditional Norwegian cabin - a perfect place to watch the midnight sun and the northern lights.

Find more information on [www.siha.no](http://www.siha.no)



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